

Mom was Right!

Fifteen years ago - a few months after the birth of my child - I recognized the need to fit exercise into my busy, yet fairly sedentary life. Family/work time commitments left early morning as the only time available for fitness. With night owl tendencies, it was a very difficult choice to make.



While some folks prefer the independence of an individual workout, I am best motivated when in a group setting. Beginning with a 5:45 a.m. low-impact aerobics class at the "Y" three times a week, over time I added strength and toning workouts on the other two weekdays. Morning exercise is good because it really gets the metabolism going, and one can feel smugly virtuous for the rest of the day.

My "Y buddies" keep me motivated. After workouts there is usually a quick cup of coffee and conversation. A core group of us have become good friends and arrange an occasional brunch, dinner, or fitness/fun outing.

Fifteen years ago, I considered exercise a "license to eat". My basic four food groups included sweets, salty snacks, fried food, and regular soda. Although I like to jest that dark chocolate is like a vitamin [the endorphin, serotonin and anandamide argument*], these days I tend to be more selective in the quality & quantity of what is consumed; reasonable portions of whole grain breads, lean meats and fish, lots of vegetables and fruit . gosh, MOM WAS RIGHT!

**Endorphins reduce the sensation of pain and affect emotions. Anandamide also affects brain chemistry to produce feelings of calm and well being. Serotonin is active as a neurotransmitter and in vasoconstriction, stimulation of the smooth muscles, and regulation of cyclic body processes.*

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My Wellness Program includes:

Training:

- Strength training with free and machine weights three days a week.
- Cardiovascular training on a treadmill or outdoors when weather permits.
I also train on a heavy and speed bag (punching bag) on off days.

Diet:

- Consume 4-5 meals a day.
- I also cut-out processed carbs, and eat low fat meat, fruit and vegetables.
- I take daily supplements which includes Magnesium, Zinc, and a multi-vitamin.
I cut alcohol out of my diet.

As a result of training and diet, I reduced my body fat from 18% to 9% while maintaining the same body weight.